

**370****Lakeside - Upminster - Romford**

Arriva Southern Counties

Monday to Friday

| | | | | | | | | | | | | | | | |
|--------------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Lakeside, Bus Station (Bay D) | 0530 | 0550 | 0610 | 0625 | 0635 | 0647 | 0700 | 0711 | 0722 | 0735 | 0750 | 0805 | 0820 | 0835 | 0850 |
| Lakeside, Pilgrims Roundabout | 0533 | 0553 | 0613 | 0628 | 0638 | 0650 | 0703 | 0714 | 0725 | 0738 | 0753 | 0808 | 0823 | 0838 | 0853 |
| South Ockendon, Royal Oak | 0540 | 0600 | 0620 | 0635 | 0645 | 0657 | 0710 | 0721 | 0732 | 0747 | 0802 | 0817 | 0832 | 0847 | 0902 |
| North Ockendon, Fen Lane | 0542 | 0602 | 0622 | 0637 | 0647 | 0659 | 0712 | 0723 | 0734 | 0749 | 0804 | 0819 | 0834 | 0849 | 0904 |
| Corbets Tey, Corbets Tey | 0548 | 0608 | 0628 | 0643 | 0653 | 0705 | 0718 | 0729 | 0740 | 0755 | 0810 | 0825 | 0840 | 0855 | 0910 |
| Upminster, St. Laurence Road | 0554 | 0614 | 0634 | 0649 | 0659 | 0714 | 0727 | 0738 | 0752 | 0807 | 0822 | 0837 | 0852 | 0907 | 0922 |
| Upminster Bridge Station | 0557 | 0617 | 0637 | 0652 | 0703 | 0718 | 0731 | 0743 | 0757 | 0812 | 0827 | 0842 | 0857 | 0912 | 0927 |
| Hornchurch, Town Centre | 0600 | 0620 | 0640 | 0655 | 0708 | 0723 | 0736 | 0751 | 0805 | 0820 | 0835 | 0850 | 0905 | 0920 | 0932 |
| Ardleigh Green, The Drill Roundabout | 0605 | 0625 | 0645 | 0700 | 0715 | 0730 | 0745 | 0800 | 0815 | 0830 | 0845 | 0900 | 0913 | 0928 | 0938 |
| Romford Station (Stop V) | 0609 | 0629 | 0649 | 0706 | 0721 | 0738 | 0753 | 0808 | 0823 | 0838 | 0853 | 0908 | 0919 | 0932 | 0942 |
| Romford, Mercury Gardens (Stop N) | 0612 | 0632 | 0652 | 0709 | 0724 | 0741 | 0756 | 0811 | 0826 | 0841 | 0856 | 0911 | 0922 | 0935 | 0945 |

Monday to Friday

| | | | | | | | | | | | | | | | | |
|--------------------------------------|------|------|-------|----|----|----|----|-------|--|------|------|------|------|------|------|------|
| Lakeside, Bus Station (Bay D) | 0905 | 0920 | | 35 | 50 | 05 | 20 | | | 1335 | 1348 | 1400 | 1410 | 1420 | 1435 | 1450 |
| Lakeside, Pilgrims Roundabout | 0908 | 0923 | | 38 | 53 | 08 | 23 | | | 1338 | 1351 | 1403 | 1413 | 1423 | 1438 | 1453 |
| South Ockendon, Royal Oak | 0917 | 0932 | then | 47 | 02 | 17 | 32 | | | 1347 | 1400 | 1412 | 1422 | 1432 | 1447 | 1502 |
| North Ockendon, Fen Lane | 0919 | 0934 | at | 49 | 04 | 19 | 34 | | | 1349 | 1402 | 1414 | 1424 | 1434 | 1449 | 1504 |
| Corbets Tey, Corbets Tey | 0925 | 0940 | these | 55 | 10 | 25 | 40 | | | 1355 | 1408 | 1420 | 1430 | 1440 | 1455 | 1510 |
| Upminster, St. Laurence Road | 0937 | 0949 | mins | 04 | 19 | 34 | 49 | until | | 1404 | 1417 | 1429 | 1439 | 1449 | 1504 | 1519 |
| Upminster Bridge Station | 0941 | 0953 | past | 08 | 23 | 38 | 53 | | | 1408 | 1421 | 1433 | 1443 | 1454 | 1509 | 1524 |
| Hornchurch, Town Centre | 0945 | 0957 | each | 12 | 27 | 42 | 57 | | | 1412 | 1425 | 1437 | 1450 | 1502 | 1517 | 1532 |
| Ardleigh Green, The Drill Roundabout | 0951 | 1003 | hour | 18 | 33 | 48 | 03 | | | 1418 | 1431 | 1445 | 1458 | 1510 | 1525 | 1540 |
| Romford Station (Stop V) | 0955 | 1007 | | 22 | 37 | 52 | 07 | | | 1422 | 1435 | 1449 | 1503 | 1515 | 1530 | 1545 |
| Romford, Mercury Gardens (Stop N) | 0958 | 1010 | | 25 | 40 | 55 | 10 | | | 1425 | 1438 | 1452 | 1506 | 1518 | 1533 | 1548 |

Monday to Friday

| | | | | | | | | | | | | | | | |
|--------------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Lakeside, Bus Station (Bay D) | 1505 | 1520 | 1535 | 1550 | 1605 | 1620 | 1635 | 1650 | 1705 | 1720 | 1735 | 1750 | 1805 | 1820 | 1837 |
| Lakeside, Pilgrims Roundabout | 1508 | 1523 | 1538 | 1553 | 1608 | 1623 | 1638 | 1653 | 1708 | 1723 | 1738 | 1753 | 1808 | 1823 | 1840 |
| South Ockendon, Royal Oak | 1517 | 1532 | 1547 | 1602 | 1617 | 1632 | 1647 | 1702 | 1717 | 1732 | 1747 | 1802 | 1817 | 1832 | 1849 |
| North Ockendon, Fen Lane | 1519 | 1534 | 1549 | 1604 | 1619 | 1634 | 1649 | 1704 | 1719 | 1734 | 1749 | 1804 | 1819 | 1834 | 1851 |
| Corbets Tey, Corbets Tey | 1525 | 1540 | 1555 | 1610 | 1625 | 1640 | 1655 | 1710 | 1725 | 1740 | 1755 | 1810 | 1825 | 1840 | 1857 |
| Upminster, St. Laurence Road | 1534 | 1549 | 1604 | 1619 | 1634 | 1649 | 1704 | 1719 | 1734 | 1749 | 1804 | 1819 | 1834 | 1849 | 1904 |
| Upminster Bridge Station | 1539 | 1554 | 1609 | 1624 | 1639 | 1654 | 1709 | 1724 | 1738 | 1753 | 1808 | 1823 | 1838 | 1853 | 1907 |
| Hornchurch, Town Centre | 1547 | 1602 | 1617 | 1632 | 1647 | 1702 | 1717 | 1732 | 1745 | 1800 | 1812 | 1827 | 1842 | 1857 | 1910 |
| Ardleigh Green, The Drill Roundabout | 1555 | 1610 | 1625 | 1640 | 1655 | 1708 | 1723 | 1738 | 1751 | 1806 | 1818 | 1833 | 1848 | 1903 | 1915 |
| Romford Station (Stop V) | 1600 | 1615 | 1630 | 1645 | 1700 | 1713 | 1728 | 1743 | 1756 | 1811 | 1823 | 1838 | 1853 | 1907 | 1919 |
| Romford, Mercury Gardens (Stop N) | 1603 | 1618 | 1633 | 1648 | 1703 | 1716 | 1731 | 1746 | 1759 | 1814 | 1826 | 1841 | 1856 | 1910 | 1922 |

Monday to Friday

| | | | | | | | | | | | | | | | |
|--------------------------------------|------|------|------|------|------|------|------|------|------|------|------|--|--|--|--|
| Lakeside, Bus Station (Bay D) | 1900 | 1920 | 1945 | 2015 | 2045 | 2115 | 2145 | 2215 | 2245 | 2315 | 2345 | | | | |
| Lakeside, Pilgrims Roundabout | 1903 | 1923 | 1948 | 2018 | 2048 | 2118 | 2148 | 2218 | 2248 | 2318 | 2348 | | | | |
| South Ockendon, Royal Oak | 1910 | 1930 | 1955 | 2025 | 2055 | 2125 | 2155 | 2225 | 2255 | 2325 | 2355 | | | | |
| North Ockendon, Fen Lane | 1912 | 1932 | 1957 | 2027 | 2057 | 2127 | 2157 | 2227 | 2257 | 2327 | 2357 | | | | |
| Corbets Tey, Corbets Tey | 1918 | 1938 | 2003 | 2033 | 2103 | 2133 | 2203 | 2233 | 2303 | 2333 | 0003 | | | | |
| Upminster, St. Laurence Road | 1924 | 1944 | 2009 | 2039 | 2109 | 2139 | 2209 | 2239 | 2309 | 2339 | 0009 | | | | |
| Upminster Bridge Station | 1927 | 1947 | 2012 | 2042 | 2112 | 2142 | 2212 | 2242 | 2312 | 2342 | 0012 | | | | |
| Hornchurch, Town Centre | 1930 | 1950 | 2015 | 2045 | 2115 | 2145 | 2215 | 2245 | 2315 | 2345 | 0015 | | | | |
| Ardleigh Green, The Drill Roundabout | 1935 | 1955 | 2020 | 2050 | 2120 | 2150 | 2220 | 2250 | 2320 | 2350 | 0020 | | | | |
| Romford Station (Stop V) | 1939 | 1959 | 2024 | 2054 | 2124 | 2154 | 2224 | 2254 | 2324 | 2354 | 0024 | | | | |
| Romford, Mercury Gardens (Stop N) | 1942 | 2002 | 2027 | 2057 | 2127 | 2157 | 2227 | 2257 | 2327 | 2357 | 0027 | | | | |

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**370****Lakeside - Upminster - Romford**

Arriva Southern Counties

Saturday

| | | | | | | | | | | | | |
|--------------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| Lakeside, Bus Station (Bay D) | 0530 | 0550 | 0610 | 0630 | 0650 | 0710 | 0730 | 0750 | 0810 | 0825 | 0837 | 0852 |
| Lakeside, Pilgrims Roundabout | 0533 | 0553 | 0613 | 0633 | 0653 | 0713 | 0733 | 0753 | 0813 | 0828 | 0840 | 0855 |
| South Ockendon, Royal Oak | 0540 | 0600 | 0620 | 0640 | 0700 | 0720 | 0740 | 0800 | 0820 | 0835 | 0847 | 0902 |
| North Ockendon, Fen Lane | 0542 | 0602 | 0622 | 0642 | 0702 | 0722 | 0742 | 0802 | 0822 | 0837 | 0849 | 0904 |
| Corbets Tey, Corbets Tey | 0548 | 0608 | 0628 | 0648 | 0708 | 0728 | 0748 | 0808 | 0828 | 0843 | 0855 | 0910 |
| Upminster, St. Laurence Road | 0554 | 0614 | 0634 | 0654 | 0714 | 0734 | 0754 | 0814 | 0834 | 0849 | 0904 | 0919 |
| Upminster Bridge Station | 0557 | 0617 | 0637 | 0657 | 0717 | 0737 | 0757 | 0817 | 0837 | 0853 | 0908 | 0923 |
| Hornchurch, Town Centre | 0600 | 0620 | 0640 | 0700 | 0720 | 0740 | 0800 | 0820 | 0842 | 0857 | 0912 | 0927 |
| Ardleigh Green, The Drill Roundabout | 0605 | 0625 | 0645 | 0705 | 0725 | 0745 | 0805 | 0825 | 0848 | 0903 | 0918 | 0933 |
| Romford Station (Stop V) | 0609 | 0629 | 0649 | 0709 | 0729 | 0749 | 0809 | 0829 | 0852 | 0907 | 0922 | 0937 |
| Romford, Mercury Gardens (Stop N) | 0612 | 0632 | 0652 | 0712 | 0732 | 0752 | 0812 | 0832 | 0855 | 0910 | 0925 | 0940 |

Saturday

| | | | | | | | | | | | | | | | |
|--------------------------------------|-------|----|----|----|----|-------|------|------|------|------|------|------|------|------|------|
| Lakeside, Bus Station (Bay D) | | 05 | 20 | 35 | 50 | | 1735 | 1755 | 1820 | 1840 | 1902 | 1922 | 1945 | 2015 | 2045 |
| Lakeside, Pilgrims Roundabout | | 06 | 23 | 38 | 53 | | 1738 | 1758 | 1823 | 1843 | 1905 | 1925 | 1948 | 2018 | 2048 |
| South Ockendon, Royal Oak | then | 17 | 32 | 47 | 02 | | 1747 | 1807 | 1832 | 1852 | 1912 | 1932 | 1955 | 2025 | 2055 |
| North Ockendon, Fen Lane | at | 19 | 34 | 49 | 04 | | 1749 | 1809 | 1834 | 1854 | 1914 | 1934 | 1957 | 2027 | 2057 |
| Corbets Tey, Corbets Tey | these | 25 | 40 | 55 | 10 | until | 1755 | 1815 | 1840 | 1900 | 1920 | 1940 | 2003 | 2033 | 2103 |
| Upminster, St. Laurence Road | mins | 34 | 49 | 04 | 19 | | 1804 | 1824 | 1846 | 1906 | 1926 | 1946 | 2009 | 2039 | 2109 |
| Upminster Bridge Station | past | 38 | 53 | 08 | 23 | | 1808 | 1828 | 1849 | 1909 | 1929 | 1949 | 2012 | 2042 | 2112 |
| Hornchurch, Town Centre | each | 42 | 57 | 12 | 27 | | 1812 | 1832 | 1852 | 1912 | 1932 | 1952 | 2015 | 2045 | 2115 |
| Ardleigh Green, The Drill Roundabout | hour | 48 | 03 | 18 | 33 | | 1818 | 1837 | 1857 | 1917 | 1937 | 1957 | 2020 | 2050 | 2120 |
| Romford Station (Stop V) | | 52 | 07 | 22 | 37 | | 1822 | 1841 | 1901 | 1921 | 1941 | 2001 | 2024 | 2054 | 2124 |
| Romford, Mercury Gardens (Stop N) | | 55 | 10 | 25 | 40 | | 1825 | 1844 | 1904 | 1924 | 1944 | 2004 | 2027 | 2057 | 2127 |

Saturday

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|--------------------------------------|------|------|------|------|------|
| Lakeside, Bus Station (Bay D) | 2115 | 2145 | 2215 | 2245 | 2315 |
| Lakeside, Pilgrims Roundabout | 2118 | 2148 | 2218 | 2248 | 2318 |
| South Ockendon, Royal Oak | 2125 | 2155 | 2225 | 2255 | 2325 |
| North Ockendon, Fen Lane | 2127 | 2157 | 2227 | 2257 | 2327 |
| Corbets Tey, Corbets Tey | 2133 | 2203 | 2233 | 2303 | 2333 |
| Upminster, St. Laurence Road | 2139 | 2209 | 2239 | 2309 | 2339 |
| Upminster Bridge Station | 2142 | 2212 | 2242 | 2312 | 2342 |
| Hornchurch, Town Centre | 2145 | 2215 | 2245 | 2315 | 2345 |
| Ardleigh Green, The Drill Roundabout | 2150 | 2220 | 2250 | 2320 | 2350 |
| Romford Station (Stop V) | 2154 | 2224 | 2254 | 2324 | 2354 |
| Romford, Mercury Gardens (Stop N) | 2157 | 2227 | 2257 | 2327 | 2357 |

Sunday

| | | | | | | | | | | | | | | | |
|--------------------------------------|------|------|------|------|------|------|------|-------|----|----|-------|------|------|------|------|
| Lakeside, Bus Station (Bay D) | 0635 | 0710 | 0740 | 0810 | 0840 | 0910 | 0940 | | 10 | 40 | | 1710 | 1743 | 1815 | 1845 |
| Lakeside, Pilgrims Roundabout | 0638 | 0713 | 0743 | 0813 | 0843 | 0913 | 0943 | | 13 | 43 | | 1713 | 1746 | 1818 | 1848 |
| South Ockendon, Royal Oak | 0645 | 0720 | 0750 | 0820 | 0850 | 0922 | 0952 | then | 22 | 52 | | 1722 | 1755 | 1825 | 1855 |
| North Ockendon, Fen Lane | 0647 | 0722 | 0752 | 0822 | 0852 | 0924 | 0954 | at | 24 | 54 | | 1724 | 1757 | 1827 | 1857 |
| Corbets Tey, Corbets Tey | 0653 | 0728 | 0758 | 0828 | 0858 | 0930 | 1000 | these | 30 | 00 | | 1730 | 1803 | 1833 | 1903 |
| Upminster, St. Laurence Road | 0659 | 0734 | 0804 | 0834 | 0904 | 0939 | 1009 | mins | 39 | 09 | until | 1739 | 1809 | 1839 | 1909 |
| Upminster Bridge Station | 0702 | 0737 | 0807 | 0837 | 0908 | 0943 | 1013 | past | 43 | 13 | | 1743 | 1812 | 1842 | 1912 |
| Hornchurch, Town Centre | 0705 | 0740 | 0810 | 0840 | 0912 | 0947 | 1017 | each | 47 | 17 | | 1747 | 1815 | 1845 | 1915 |
| Ardleigh Green, The Drill Roundabout | 0710 | 0745 | 0815 | 0845 | 0918 | 0953 | 1023 | hour | 53 | 23 | | 1753 | 1820 | 1850 | 1920 |
| Romford Station (Stop V) | 0714 | 0749 | 0819 | 0849 | 0922 | 0957 | 1027 | | 57 | 27 | | 1757 | 1824 | 1854 | 1924 |
| Romford, Mercury Gardens (Stop N) | 0717 | 0752 | 0822 | 0852 | 0925 | 1000 | 1030 | | 00 | 30 | | 1800 | 1827 | 1857 | 1927 |

Sunday

| | | | | | | | | | | |
|--------------------------------------|------|------|------|------|------|------|------|------|------|------|
| Lakeside, Bus Station (Bay D) | 1915 | 1945 | 2015 | 2045 | 2115 | 2145 | 2215 | 2245 | 2315 | 2345 |
| Lakeside, Pilgrims Roundabout | 1918 | 1948 | 2018 | 2048 | 2118 | 2148 | 2218 | 2248 | 2318 | 2348 |
| South Ockendon, Royal Oak | 1925 | 1955 | 2025 | 2055 | 2125 | 2155 | 2225 | 2255 | 2325 | 2355 |
| North Ockendon, Fen Lane | 1927 | 1957 | 2027 | 2057 | 2127 | 2157 | 2227 | 2257 | 2327 | 2357 |
| Corbets Tey, Corbets Tey | 1933 | 2003 | 2033 | 2103 | 2133 | 2203 | 2233 | 2303 | 2333 | 0003 |
| Upminster, St. Laurence Road | 1939 | 2009 | 2039 | 2109 | 2139 | 2209 | 2239 | 2309 | 2339 | 0009 |
| Upminster Bridge Station | 1942 | 2012 | 2042 | 2112 | 2142 | 2212 | 2242 | 2312 | 2342 | 0012 |
| Hornchurch, Town Centre | 1945 | 2015 | 2045 | 2115 | 2145 | 2215 | 2245 | 2315 | 2345 | 0015 |
| Ardleigh Green, The Drill Roundabout | 1950 | 2020 | 2050 | 2120 | 2150 | 2220 | 2250 | 2320 | 2350 | 0020 |
| Romford Station (Stop V) | 1954 | 2024 | 2054 | 2124 | 2154 | 2224 | 2254 | 2324 | 2354 | 0024 |
| Romford, Mercury Gardens (Stop N) | 1957 | 2027 | 2057 | 2127 | 2157 | 2227 | 2257 | 2327 | 2357 | 0027 |

**370****Romford - Upminster - Lakeside**

Arriva Southern Counties

Monday to Friday

| | | | | | | | | | | | | | | | |
|--------------------------------------|------|------|------|------|------|------|------|------|------|------|-------|----|----|----|----|
| Romford, Mercury Gardens (Stop M) | 0600 | 0620 | 0637 | 0649 | 0701 | 0714 | 0729 | 0739 | 0751 | 0806 | | 21 | 36 | 51 | 06 |
| Romford Station | 0603 | 0623 | 0640 | 0652 | 0704 | 0717 | 0732 | 0742 | 0754 | 0809 | | 24 | 39 | 54 | 09 |
| Ardleigh Green, The Drill Roundabout | 0607 | 0627 | 0644 | 0656 | 0709 | 0722 | 0737 | 0747 | 0802 | 0817 | at | 29 | 44 | 59 | 14 |
| Hornchurch Town Centre | 0613 | 0633 | 0650 | 0702 | 0717 | 0730 | 0745 | 0757 | 0812 | 0827 | these | 35 | 50 | 05 | 20 |
| Upminster Bridge Station | 0615 | 0635 | 0652 | 0705 | 0720 | 0734 | 0749 | 0801 | 0816 | 0831 | mins | 38 | 53 | 08 | 23 |
| Upminster, St. Laurence Road | 0619 | 0639 | 0656 | 0710 | 0725 | 0740 | 0755 | 0810 | 0825 | 0840 | past | 43 | 58 | 13 | 28 |
| Corbets Tey, Corbets Tey | 0625 | 0645 | 0702 | 0717 | 0732 | 0747 | 0802 | 0817 | 0832 | 0847 | each | 50 | 05 | 20 | 35 |
| North Ockendon, Fen Lane | 0631 | 0651 | 0708 | 0723 | 0738 | 0753 | 0808 | 0823 | 0838 | 0853 | hour | 56 | 11 | 26 | 41 |
| South Ockendon, Royal Oak | 0633 | 0653 | 0710 | 0725 | 0740 | 0755 | 0810 | 0825 | 0840 | 0855 | | 58 | 13 | 28 | 43 |
| Lakeside, Pilgrims Roundabout | 0640 | 0700 | 0719 | 0734 | 0749 | 0804 | 0819 | 0834 | 0849 | 0904 | | 07 | 22 | 37 | 52 |
| Lakeside, Bus Station (Bay D) | 0643 | 0703 | 0722 | 0737 | 0752 | 0807 | 0822 | 0837 | 0852 | 0907 | | 10 | 25 | 40 | 55 |

Monday to Friday

| | | | | | | | | | | | | | | | |
|--------------------------------------|------------|-------|----|----|----|----|------------|------|------|------|------|------|------|------|--|
| Romford, Mercury Gardens (Stop M) | 1458 | | 13 | 28 | 43 | 58 | | 1713 | 1728 | 1743 | 1758 | 1813 | 1826 | 1841 | |
| Romford Station | 1501 | | 16 | 31 | 46 | 01 | | 1716 | 1731 | 1746 | 1801 | 1816 | 1829 | 1844 | |
| Ardleigh Green, The Drill Roundabout | 1506 | then | 21 | 36 | 51 | 06 | | 1721 | 1736 | 1751 | 1806 | 1821 | 1834 | 1849 | |
| Hornchurch Town Centre | 1513 | at | 28 | 43 | 58 | 13 | | 1728 | 1743 | 1758 | 1812 | 1827 | 1840 | 1855 | |
| Upminster Bridge Station | until 1517 | these | 32 | 47 | 02 | 17 | until 1732 | 1747 | 1802 | 1816 | 1830 | 1843 | 1858 | | |
| Upminster, St. Laurence Road | 1526 | mins | 41 | 56 | 11 | 26 | | 1741 | 1756 | 1809 | 1823 | 1835 | 1848 | 1903 | |
| Corbets Tey, Corbets Tey | 1533 | past | 48 | 03 | 18 | 33 | | 1748 | 1803 | 1816 | 1830 | 1842 | 1855 | 1909 | |
| North Ockendon, Fen Lane | 1540 | each | 55 | 10 | 25 | 40 | | 1755 | 1810 | 1822 | 1836 | 1848 | 1901 | 1915 | |
| South Ockendon, Royal Oak | 1542 | hour | 57 | 12 | 27 | 42 | | 1757 | 1812 | 1824 | 1838 | 1850 | 1903 | 1917 | |
| Lakeside, Pilgrims Roundabout | 1551 | | 06 | 21 | 36 | 51 | | 1806 | 1821 | 1833 | 1847 | 1859 | 1910 | 1924 | |
| Lakeside, Bus Station (Bay D) | 1554 | | 09 | 24 | 39 | 54 | | 1809 | 1824 | 1836 | 1850 | 1902 | 1913 | 1927 | |

Monday to Friday

| | | | | | | | | | | | | | | | |
|--------------------------------------|------|------|------|-------|----|----|-------|------|------|------|------|--|--|--|--|
| Romford, Mercury Gardens (Stop M) | 1856 | 1917 | 1940 | | 40 | 10 | | 2310 | 2340 | 0010 | 0040 | | | | |
| Romford Station | 1859 | 1920 | 1943 | | 43 | 13 | | 2313 | 2343 | 0013 | 0043 | | | | |
| Ardleigh Green, The Drill Roundabout | 1904 | 1924 | 1947 | | 47 | 17 | | 2317 | 2347 | 0017 | 0047 | | | | |
| Hornchurch Town Centre | 1910 | 1930 | 1953 | at | 53 | 23 | | 2323 | 2353 | 0023 | 0053 | | | | |
| Upminster Bridge Station | 1912 | 1932 | 1955 | these | 55 | 25 | | 2325 | 2355 | 0025 | 0055 | | | | |
| Upminster, St. Laurence Road | 1916 | 1936 | 1959 | mins | 59 | 29 | until | 2329 | 2359 | 0029 | 0059 | | | | |
| Corbets Tey, Corbets Tey | 1922 | 1942 | 2005 | past | 05 | 35 | | 2335 | 0005 | 0035 | 0105 | | | | |
| North Ockendon, Fen Lane | 1928 | 1948 | 2011 | each | 11 | 41 | | 2341 | 0011 | 0041 | 0111 | | | | |
| South Ockendon, Royal Oak | 1930 | 1950 | 2013 | hour | 13 | 43 | | 2343 | 0013 | 0043 | 0113 | | | | |
| Lakeside, Pilgrims Roundabout | 1937 | 1957 | 2020 | | 20 | 50 | | 2350 | 0020 | 0050 | 0120 | | | | |
| Lakeside, Bus Station (Bay D) | 1940 | 2000 | 2023 | | 23 | 53 | | 2353 | 0023 | 0053 | 0123 | | | | |

Saturday

| | | | | | | | | | | | | | | | |
|--------------------------------------|------|------|------|------|------|------|------|------|------|------|------|--|--|--|--|
| Romford, Mercury Gardens (Stop M) | 0600 | 0620 | 0640 | 0700 | 0720 | 0740 | 0757 | 0812 | 0827 | 0840 | 0852 | | | | |
| Romford Station | 0603 | 0623 | 0643 | 0703 | 0723 | 0743 | 0800 | 0815 | 0830 | 0843 | 0855 | | | | |
| Ardleigh Green, The Drill Roundabout | 0607 | 0627 | 0647 | 0707 | 0727 | 0747 | 0804 | 0819 | 0834 | 0847 | 0859 | | | | |
| Hornchurch Town Centre | 0613 | 0633 | 0653 | 0713 | 0733 | 0753 | 0810 | 0825 | 0840 | 0853 | 0905 | | | | |
| Upminster Bridge Station | 0615 | 0635 | 0655 | 0715 | 0735 | 0755 | 0812 | 0827 | 0842 | 0855 | 0908 | | | | |
| Upminster, St. Laurence Road | 0619 | 0639 | 0659 | 0719 | 0739 | 0759 | 0816 | 0831 | 0846 | 0859 | 0913 | | | | |
| Corbets Tey, Corbets Tey | 0625 | 0645 | 0705 | 0725 | 0745 | 0805 | 0822 | 0837 | 0852 | 0906 | 0920 | | | | |
| North Ockendon, Fen Lane | 0631 | 0651 | 0711 | 0731 | 0751 | 0811 | 0828 | 0843 | 0858 | 0912 | 0926 | | | | |
| South Ockendon, Royal Oak | 0633 | 0653 | 0713 | 0733 | 0753 | 0813 | 0830 | 0845 | 0900 | 0914 | 0928 | | | | |
| Lakeside, Pilgrims Roundabout | 0640 | 0700 | 0720 | 0740 | 0800 | 0820 | 0837 | 0852 | 0909 | 0923 | 0937 | | | | |
| Lakeside, Bus Station (Bay D) | 0643 | 0703 | 0723 | 0743 | 0803 | 0823 | 0840 | 0855 | 0912 | 0926 | 0940 | | | | |

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**370****Romford - Upminster - Lakeside**

Arriva Southern Counties

Saturday

| | | | | | | | | | | | | | | | |
|--------------------------------------|-------|----|----|----|----|-------|------|------|------|------|------|-------|----|----|------------|
| Romford, Mercury Gardens (Stop M) | | 06 | 21 | 36 | 51 | | 1821 | 1840 | 1900 | 1920 | 1940 | | 10 | 40 | 0040 |
| Romford Station | | 09 | 24 | 39 | 54 | | 1824 | 1843 | 1903 | 1923 | 1943 | | 13 | 43 | 0043 |
| Ardleigh Green, The Drill Roundabout | | 14 | 29 | 44 | 59 | | 1829 | 1847 | 1907 | 1927 | 1947 | | 17 | 47 | 0047 |
| Hornchurch Town Centre | then | 20 | 35 | 50 | 05 | | 1835 | 1853 | 1913 | 1933 | 1953 | then | 23 | 53 | 0053 |
| Upminster Bridge Station | at | 23 | 38 | 53 | 08 | | 1838 | 1855 | 1915 | 1935 | 1955 | at | 25 | 55 | until 0055 |
| Upminster, St. Laurence Road | these | 28 | 43 | 58 | 13 | until | 1843 | 1859 | 1919 | 1939 | 1959 | these | 29 | 59 | 0059 |
| Corbets Tey, Corbets Tey | mins | 35 | 50 | 05 | 20 | | 1850 | 1905 | 1925 | 1945 | 2005 | mins | 35 | 05 | 0105 |
| North Ockendon, Fen Lane | past | 41 | 56 | 11 | 26 | | 1856 | 1911 | 1931 | 1951 | 2011 | past | 41 | 11 | 0111 |
| South Ockendon, Royal Oak | each | 43 | 58 | 13 | 28 | | 1858 | 1913 | 1933 | 1953 | 2013 | each | 43 | 13 | 0113 |
| Lakeside, Pilgrims Roundabout | hour | 52 | 07 | 22 | 37 | | 1907 | 1920 | 1940 | 2000 | 2020 | hour | 50 | 20 | 0120 |
| Lakeside, Bus Station (Bay D) | | 55 | 10 | 25 | 40 | | 1910 | 1923 | 1943 | 2003 | 2023 | | 53 | 23 | 0123 |

Sunday

| | | | | | | | | | | | | | | | |
|--------------------------------------|------|------|------|------|------|------|------|------|-------|----|----|-------|------|------|------|
| Romford, Mercury Gardens (Stop M) | 0645 | 0715 | 0740 | 0810 | 0840 | 0910 | 0940 | 1010 | | 10 | 40 | | 1610 | 1640 | 1710 |
| Romford Station | 0647 | 0717 | 0742 | 0812 | 0842 | 0912 | 0943 | 1013 | | 13 | 43 | | 1613 | 1643 | 1713 |
| Ardleigh Green, The Drill Roundabout | 0651 | 0721 | 0746 | 0816 | 0846 | 0916 | 0948 | 1018 | | 18 | 48 | | 1618 | 1648 | 1718 |
| Hornchurch Town Centre | 0656 | 0726 | 0751 | 0821 | 0851 | 0922 | 0954 | 1024 | then | 22 | 54 | | 1624 | 1654 | 1724 |
| Upminster Bridge Station | 0658 | 0728 | 0753 | 0823 | 0853 | 0925 | 0957 | 1027 | at | 25 | 57 | | 1627 | 1657 | 1727 |
| Upminster, St. Laurence Road | 0701 | 0731 | 0756 | 0826 | 0856 | 0930 | 1002 | 1032 | these | 32 | 02 | | 1632 | 1702 | 1732 |
| Corbets Tey, Corbets Tey | 0707 | 0737 | 0802 | 0832 | 0902 | 0937 | 1009 | 1039 | mins | 39 | 09 | until | 1639 | 1709 | 1739 |
| North Ockendon, Fen Lane | 0713 | 0743 | 0808 | 0838 | 0908 | 0943 | 1015 | 1045 | past | 15 | 45 | | 1645 | 1715 | 1745 |
| South Ockendon, Royal Oak | 0715 | 0745 | 0810 | 0840 | 0910 | 0945 | 1017 | 1047 | each | 17 | 47 | | 1647 | 1717 | 1747 |
| Lakeside, Pilgrims Roundabout | 0721 | 0751 | 0816 | 0846 | 0916 | 0951 | 1026 | 1056 | hour | 26 | 56 | | 1656 | 1726 | 1754 |
| Lakeside, Bus Station (Bay D) | 0724 | 0754 | 0819 | 0849 | 0919 | 0954 | 1029 | 1059 | | 59 | 29 | | 1659 | 1729 | 1757 |

Sunday

| | | | | | | | | | | | | | | | |
|--------------------------------------|------|------|------|-------|----|----|-------|------|------|------|------|--|--|--|--|
| Romford, Mercury Gardens (Stop M) | 1740 | 1810 | 1840 | | 10 | 40 | | 2310 | 2340 | 0010 | 0040 | | | | |
| Romford Station | 1743 | 1813 | 1843 | | 13 | 43 | | 2313 | 2343 | 0013 | 0043 | | | | |
| Ardleigh Green, The Drill Roundabout | 1748 | 1817 | 1847 | then | 17 | 47 | | 2317 | 2347 | 0017 | 0047 | | | | |
| Hornchurch Town Centre | 1754 | 1823 | 1853 | at | 23 | 53 | | 2323 | 2353 | 0023 | 0053 | | | | |
| Upminster Bridge Station | 1756 | 1825 | 1855 | these | 25 | 55 | | 2325 | 2355 | 0025 | 0055 | | | | |
| Upminster, St. Laurence Road | 1800 | 1829 | 1859 | mins | 29 | 59 | until | 2329 | 2359 | 0029 | 0059 | | | | |
| Corbets Tey, Corbets Tey | 1806 | 1835 | 1905 | past | 35 | 05 | | 2335 | 0005 | 0035 | 0105 | | | | |
| North Ockendon, Fen Lane | 1812 | 1841 | 1911 | each | 41 | 11 | | 2341 | 0011 | 0041 | 0111 | | | | |
| South Ockendon, Royal Oak | 1814 | 1843 | 1913 | hour | 43 | 13 | | 2343 | 0013 | 0043 | 0113 | | | | |
| Lakeside, Pilgrims Roundabout | 1821 | 1850 | 1920 | | 50 | 20 | | 2350 | 0020 | 0050 | 0120 | | | | |
| Lakeside, Bus Station (Bay D) | 1824 | 1853 | 1923 | | 53 | 23 | | 2353 | 0023 | 0053 | 0123 | | | | |



Lost Property ?

Most bus and train operators have a system for dealing with lost property. If you have left something behind, contact the operator directly and there's a good chance that you will get it back. If you are not sure who to call, ask Thurrock Council (01375) 652652 for details of the relevant operator.

Thurrock Passenger Transport Unit
THURROCK COUNCIL
www.thurrock.gov.uk
www.thurrock.gov.uk/travel/transport

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